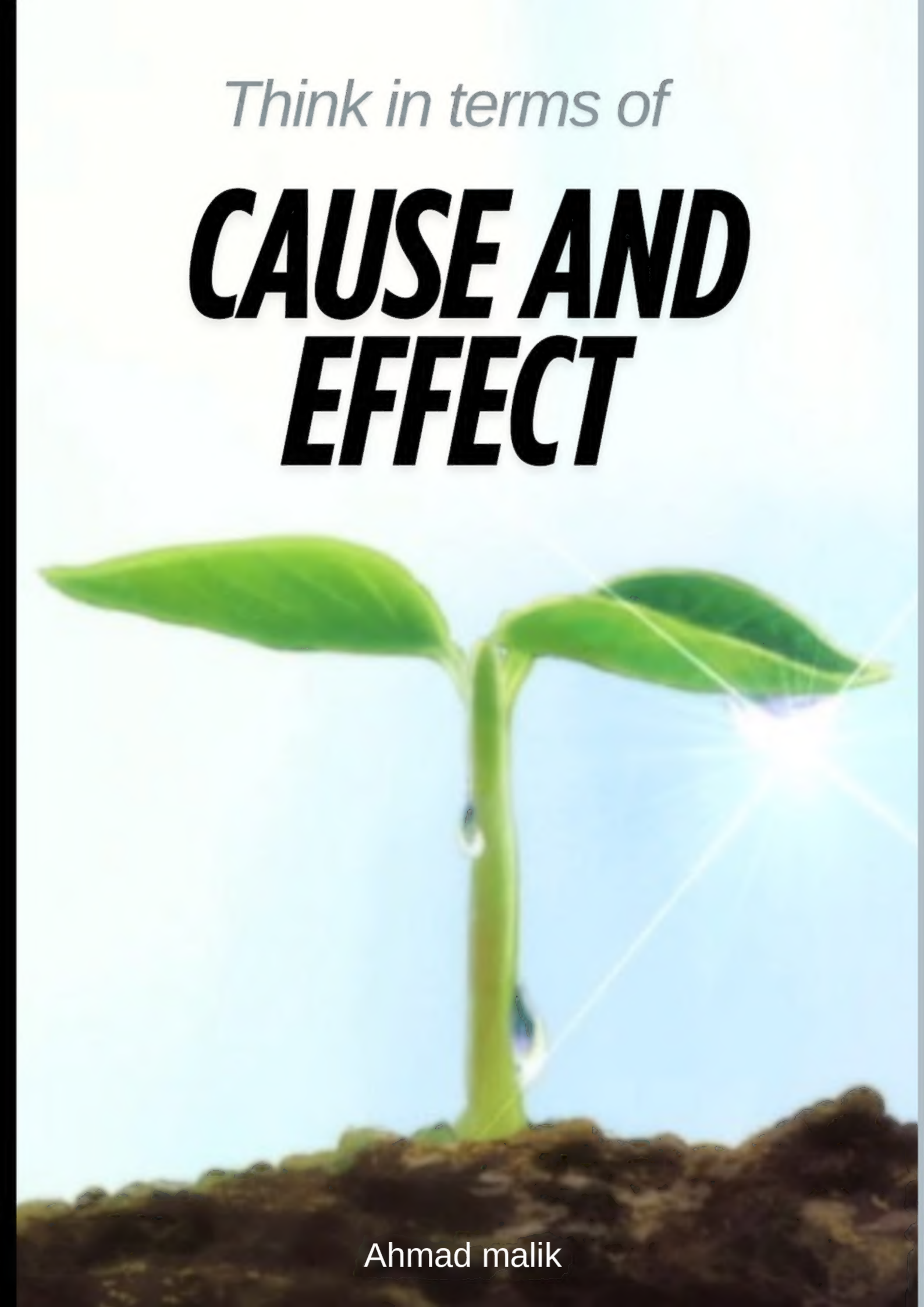
Think in terms of

CAUSE AND EFFECT



Ahmad malik

Think in terms of cause and effect
There's nothing deep within our biological reality, nothing mystical, it's fundamentally: cause and its effect. I see people viewing diseases from the angle of awe, sadness, condolence, as if to mystify the experience. People sprinkling empathy, doctors offering prescriptions, but rarely do anyone bother to consider >what is the cause that produced this effect<. There might be many causes, might there be cumulative causes, but these effects for sure are the result of particular causes. People refrain from this cause and effect mode of thinking, because it requires quite a lot more engagement of cognition and mental power has to

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mystical in this, is it?. Just carry out the cause and you will have the effect as anyone else does. Can't dismiss genetics, sure, but they turn out to be as effective as the person allowing them to be— Your habits, environment, diet, and over all lifestyle determine whether your genes act bad enemies or good allies. Responsibility turns out to be yours, only you can identify the causes for the effects you're having in life, and only you can replace those causes, and only you determine how those causes influence your genes to act in what particular manner. Adopt the mindset: 'there's nothing miraculous about this situation, it is the result of cause and effect'. And you can

steer the situation at your own will by manuplating the causes of the effects. 'Do the same thing and you will get the same result', common sense, everyone knows, but not everyone follows despite knowing it. We subconsciously remain at the whims of luck and chance , pretending with head underground, as if the causes we have carried out will somehow not produce their intended effect. We pray for the effects, when we should have been praying for the conditions to remain right for us to carry out the causes smoothly, so the effect could inevitably result. Pray not for winning the marathon, which falls into the category of being a miraculous thinking, rather

pray for having the right external conditions such as right healthy food , and right space, so you can cultivate strength through training, which will inevitable result in you winning the marathon. The effect is merely a byproduct >of the causes »carried out in the right conditions.

One person is having a particular effect, to find the cause of it, suitable way is to find a person who is not having this particular effect in their life. Figure out this person's habits, compare these habits with the habits of the person having the effect(person A). Which habit is unique to person A which isn't

carried out by person B?, focus on weeding out that habit from person A which is present in person A but not in person B.
For example, Person A has insulin resistant, person B, which is used as test subject, doesn't and is healthy. Compare the habits of both people. Person A eats irregular frequent meals while person B lacks this habit, rather he eats scheduled infrequent meals. This could mean the effect(disease) of person A is due to this particular habit(cause), since person B not having this particular habit (cause) also doesn't have this effect (disease).

There's nothing deep, it's cause and effect.

Some people will spend hour lamenting over something that didn't work, that isn't working, but hardly would bother to think for a moment in terms of cause and effect relationship. You either are addressing causes to prevent the effects or indulging in dramas to exacerbate the effects even more.

World doesn't work on wishful thinking, world works on established laws; rules of cause and effect. Use the brain more than the mouth. It works.

Cause and effect thinking requires

deliberate effortful thinking, which humans by default tend to avoid. They are even more comfortable to rather say it's done by supernatural forces, evil eye, magic, than to think through cause andeffect framework.It'san undermentioned bias that runs deep within humans. It can only be outcompeted by deliberately finding causes for each effect you encounter around in your life. Science did exactly that.

There's always a cause for what you experience. You're in a particular situation because of particular causes. Those causes are producing these

effects. There's nothing deep in between. Change the causes to change the effects. Let's say you reach late to a place where you had to reach much early. No you were not unlucky. Think through all the causes you carried out all along prior to this, and you will know why this effect was brought fourth and not the other one. You slept late? 'But you tried and couldn't sleep earlier, so it's not your fault', what about the caffeine you took earlier, it was what kept you awake, so it's still your cause, you could have produced another effect, that of sleeping early, had you choose a different cause, that of not drinking caffeine.

Just like this you can retrieve

inumberable causes of yours, that are responsible for creating the effects you're now experiencing. And you can address these causes , challenge, and change these causes, the subsequent changed effects then will just be an inevitable byproduct.

Someome consumed large amounts of refined grains without having other foods for sufficient nutrients intake. This person got an insulin spike and a subsequent crash after consuming the meal centered around refined grains. This person slept, felt weak afterwards. Another person came and said: 'you're so lazy, can't get yourself up from the

bed'. Is the first person lazy? Did the second person try to understand the root cause of this effect of laziness? This phenomena is much too common around us. People do not realize that world works on cause and effect, if one person feels lazy, it is due to a deeper cause, not due to the person's inclination to be a lay grazing cow all day. The person body is made for movement, the human is made ambitious, human likes to work, discover, invent experience life. But only when the conditions are provided for the proper expression of these inclinations. What canditons are you creating through your causes, these causes determine what inclinations

within you get to express themselves as an effect. No one is lazy, their causes are such that they only allow certain effects to unfold, and most likely they would be uncouncios of the causes that are creating these effects. By default human is as such. But by deliberately getting into the habit of thinking in terms of cause and effect you can start to immediately recognize which causes correspond to which effects in your life. Change those causes thus to change the effects.